

TRUE NTH

A NOVEMBER INITIATIVE



TrueNTH Lifestyle Management

Physical activity, stress-reduction, & nutrition for men living with prostate cancer



Learn more at lifestyle.truenth.ca

Email: lifestyle@truenth.ca

More than just a Website!



Health Library

Watch multimedia demos of exercises, nutrition resources, and links to the best wellness resources from organizations across Canada, and view webinars and online modules delivered by leading experts.



Training

Become eligible for prostate cancer specific training in physical activity, nutrition, or stress-reduction techniques.



Trackers

Health trackers for activity levels, sleep, and fatigue that can be synced with wearable technologies, such as FitBit.



Circle of Care

Connect with the Lifestyle Management team, and other health care professionals across Canada.

LIFESTYLE MANAGEMENT